

Washington Massage

NEWS



Wash. Chapter, American Association Masseurs & Masseuses

Editor Ruth Williams,

March, 1958

Kwnnewick, Wash.

"OBESITY"

By Blossom Gladys Guntley R.M.

I had come to believe that two publications out of five attempts at writing something for the Washington Massage News, or the Masseur should be enough, when I received a request from our President to try again.

One of the most discouraging forms of illness is obesity, or in plain words "Fat". Its a form of illness just as alcoholism or dope is a form of illness, with the exception of a small percentage of cases where there is a true glandular disturbance. Obesity is due to an uncontrollable desire for food , usually of a high calorie content.

In cases of obesity not due to a glandular imbalance, it can be controlled by the individual, provided they have the nutritional knowledge and the will power to do so. I am talking from experience . I am five foot two inches tall and at one time I weighed one hundred sixty pounds. Humps and rolls of fat are most repulsive to me, so I decided to do something about it. BY CAREFUL STUDY OF NUTRITION , COUNTING MY CALORIES, AND EATING FOODS IN COMBINATIONS THAT WERE COMPATIBLE TO EACH OTHER , I now weigh one hundred and fifteen pounds.

I have talked with many fat people in the past years who say, "I don't eat much." or , "I just can't diet." or, "I get so weak, nervous and irritable." If those people would only accept proper nutritional guidance and use their arms to push away from the table a little sooner instead of baling in more potatoes, bread and gravy , and rich deserts, it can be done. I know of many people besides myself who have done it. Also some who have had to have glandular feeding, who have had satisfactory results.

In this day and age of streamlined cars, planes and satillites, the trend is for streamlined people, not only for personal appearance, but health as well. one no longer sees the professional and buisness man or woman carrying around an extra hundred pounds or so fo fat.

I feel that one of the poorest advertisments for our own profession or any of the healing and health giving arts, is to advertise redusing and nutritional advice , when we are victims of obesity or other digestional conditions, due to faulty eating and elimination.

THOUGHT FOR TODAY; SOMETIMES THE BEST GAIN IS TO LOSE!

--Herbert

NEWS FROM SEATTLE

I suppose I should give you what little information we have at this time, regarding the Washington State Convention, which isn't much at this time.

As Seattle was voted as the next site to hold state convention by the members at the Kennewick Convention we have begun our plans. At our December meeting I was unfortunate enough to be named chairman of the convention committee, Art Mann was named Master of Cerimonies , with Art Dunbar, Dorothy Mann and Regina Williams also serving on the committee.

Shortly afterward, I scouted around the various hotels for rates etc., and presented them to the committee at a special meeting. It was decided at that time to make our headquarters at the New Washington Hotel , on June 6 and 7 , 1958.

Convention rooms for the two days will cost us \$30.00 with the banquet to be held Saturday night in the Carger room at no cost other than the price of the meal by the individual. I did not promise them any number to be in attendance , either for the meeting or banquet , or hotel rooms.

At our meeting Saturday night , we decided to invite all of the practicing masseurs and masseuses in Seattle who are non members to the banquet, should they wish to come and pay the dinner fee. There are something like fourty non members in Seattle. We thought it might be an inducement for some to join the A.A.M.M.

Art Mann will be in charge of entertainment. We will also extend invitations to Idaho, Oregon, Utah and California, to meet with us if they wish. It will be strictly a Washington convention. The visiting members will have no vote except in matters that pertain to the National Association.

This is all of the dope that I can give you at this time.

Fraternally , John Murray, R.M.

BUISNESS WISE

Lo Your laod will be lighter when you use this approach.

